

PHYSICAL EDUCATION A-LEVEL

EXAM BOARD: OCR

COURSE DESCRIPTION:

The content has been designed to allow learners to study Physical Education in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the study.

COURSE CONTENT:

- **Physiological factors affecting performance** - Applied anatomy and Physiology, Exercise Physiology, Biomechanics
- **Psychological factors affecting performance** - Skill Acquisition, Sports Psychology
- **Socio-cultural issues** - Sport and Society, Contemporary issues in physical activity and sport
- **Performance in Physical Education** - Performance or coaching, Evaluation and Analysis of Performance for Improvement

ASSESSMENT:

- **2-hour written exam**
90 marks - 30% of total A-Level
- **1-hour written exam**
60 marks - 20% of total A-Level
- **1-hour written exam**
60 marks - 20% of total A-Level
- **Non exam assessment**
Internally assessed and externally moderated. Candidates are assessed in one activity and give a response to a live performance
- 60 marks - 30% of total A-Level

FUTURE OPPORTUNITIES:

Students will be able to continue their studies at University. The following courses may be accessible: Sports Therapy, Physiotherapy, Sports Management, Education, Sports Psychology, Sports Development, Sport Nutrition and Biomechanics. It may also lead to work with the following institutions: UK Sport, Sport England, Local Authority Sports Partnerships and National Governing Bodies.

ENTRY REQUIREMENTS:

Grade 6 required in GCSE PE. Students should also have a high level of competency in one practical sport and participate regularly in competitive activities associated with that sport outside of school. Science GCSE at least at Grade 5 and English Grade 5.

